

FOOD AND NUTRITION SUMMER INSTITUTE NEWSLETTER

SPRING 2005

VOLUME 6, ISSUE 3

INSIDE THIS ISSUE:

MY PYRAMID 2

HEALTHY RECIPE 3

"Discovery consists of seeing what everybody has seen and thinking what nobody has thought.."

Albert von Szent-Gyorgyi

FOOD AND NUTRITION SUMMER INSTITUTE PROJECTS

Spring 2005 marks the end of a very productive year. The research focus this year was the pilot study for the "Nutrition, Physical Activity, Obesity and Diabetes: A Community Intervention Model" intervention project. This semester provided a unique opportunity for the students at each of the institutions to collect data for the pilot study, in an effort to streamline the data collection process for the main study. The purpose of the pilot study was to test the feasibility of using the instruments planned for the main study.

The students (Kristen Campbell, Alabama A & M University; Tiffanie Yates, Howard University; Cecillia Patterson, North Carolina Central University; Tiffany Williams, Southern University; and Chellani Hathorn, Tuskegee University) have been hard at work submitting their IRB applications, collecting data, and submitting abstracts to be presented in the fall. Although the IRB process was a long one, the stu-

dents learned a lot from the process. Throughout the year, monthly conference calls were held to assist in planning. Preliminary findings from each university were presented on the April 28th conference call. To date, Tuskegee University has completed all data collection.

A poster on the results from the pilot study will be presented at the 18th International Congress of Nutrition to be held in Durban, South Africa, September 19 – 23, 2005. An abstract was also submitted for consideration at the American Public Health Association annual meeting, which will be held in New Orleans, Louisiana, November 5 – 9.

As we look ahead to what is exciting for the research project, we have two major events planned. The students will be making final presentations on their pilot study findings at the USDA Food and Nutrition Summer Institute to be held September 15 – 18, 2005 in Cape Town, South Africa. We are also planning a training meeting November 3 – 4, 2005, in New Orleans,

which will allow much needed training on data collection for our planned intervention, which begins January 2006.

Congratulations

To the Graduates!!! We're So Proud of You!!!

Ezim Onyema completed the dietetic internship at Prairie View, and graduated

April 29, 2005

Sylvia Dorsey will graduate from Southern University's Internship in June

Reynollette Ettienne graduated with a Master's Degree in Community Nutrition from Howard on May 14, 2005

Chesney Blue & Tamara Giles both completed their Bachelor's Degree in Dietetics from Howard May 14, 2005

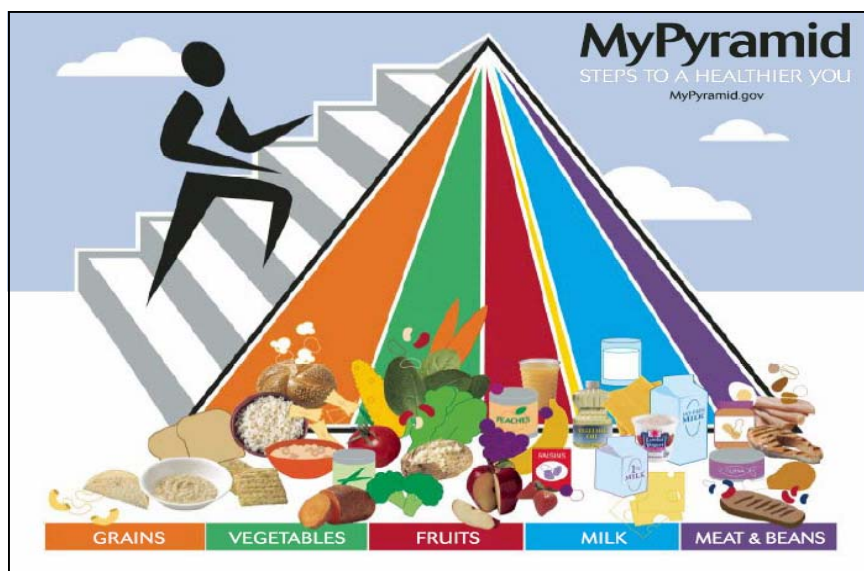
A SOUTH AFRICAN SAFARI UPDATE

The 7th USDA Food and Nutrition Summer Institute (FNSI) is well on its way, only 4 months to go. To date we have a total of 24 participants attending the FNSI in South Africa in September.

A full day of presentations is planned for September 16. We are excited to have Rina Swart from the University of the Western Cape, Dietetics Department as an invited speaker. She will speak on "Integrated Approaches to Improve Nutrition Status of Children in the African Context with Emphasis on Educational Strategies". Our dinner speaker will be

Shirley Watkins, former USDA Under Secretary of Food, Nutrition and Consumer Services, who will speak on "Preventing Childhood Obesity: Health in the Balance – An Institute of Medicine Report". Mrs. Watkins was the very first keynote speaker for the Summer Institute and we are happy that she could join us for our 7th meeting. Last but not least we look forward to our student presentations, which will feature findings from this year's pilot study described above.

On September 17, we have planned a study tour to get a better understanding of nutrition and health in the local community. We will visit 3 townships, including a visit to a local community health center, and several other local landmarks in the Cape Town area. At the end of the day we'll take a deep breath of South African air, have the evening on our own, and prepare for our journey on to Durban and the 18th International Congress of Nutrition.



United States Department of Agriculture
Center for Nutrition Policy and Promotion
April 2005

MY PYRAMID: "ONE SIZE DOESN'T FIT ALL"

USDA has released the My Pyramid Food Guidance System. The 2005 Dietary Guidelines are the basis for the Food Guidance System, which provides food-based guidance to help implement the recommendations of the 2005 Dietary Guidelines. Along with the new Pyramid symbol, the System provides many options to help Americans make healthy food choices and increase their physical activity level. The System translates the Guidelines into a total diet that meets nutrient needs from food sources and aims to moderate or limit dietary components often consumed in excess.

The Education Framework provides specific recommendations for making food choices that are interrelated and should be used together. The recom-

mendations fall under four overarching themes:

Variety– Eat foods from all food groups and subgroups

Proportionality– Eat more of some foods (fruits, vegetables, whole grains, fat-free or low-fat milk products) and less of others (foods high in saturated fats, trans fats, added sugars, cholesterol, salt, and alcohol).

Moderation– Choose forms of foods that limit intake of saturated or trans fats, added sugars, cholesterol, salt, and alcohol.

Activity– Be physically active every day.

The Framework's recommendations are presented as key concepts for educators and are organized by topic area: calories; physical activity; grains; vegetables; fruits; milk, yogurt, and cheese; meat, poultry, fish, dry

beans, eggs and nuts; fats and oils; sugars and sweets; salt; alcohol; and food safety. Under each topic, information is presented on:

- **What** actions should be taken for a healthy diet.
- **How** these actions can be implemented and,
- **Why** this action is important for health (the key benefits)

The key concepts are not intended for direct consumer messages, but rather as a framework of ideas for professionals. The Food Guidance System also provides a web-based interactive system to help Americans create an individualized healthy diet for their specific needs. In addition to the system, there are also printed material for both consumers and professionals.

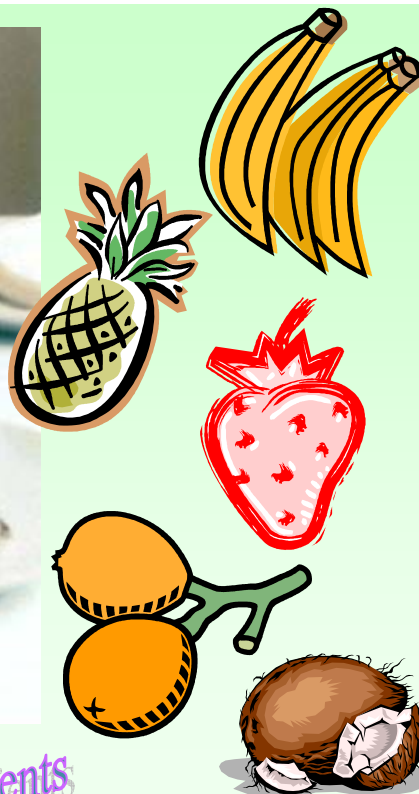
Source: www.mypyramid.gov



CALENDAR OF EVENTS

- **Delta NRI Meeting: June 6-9, Mississippi**
- **Environmental Solutions to Obesity in America's Youth: June 1-2, Washington, DC**
- **Society of Nutrition Education 38th Annual Conference: July 23-27, Orlando, FL**

HEALTHY RECIPE: HEALTHY SMOOTHIES



In a Blender Place these Ingredients

Tropical Fruit Smoothie

1/2 mango
1/8 tsp natural coconut extract
1/2 banana, frozen
4 strawberries, frozen
6 ice cubes
1 1/4 cup water
Optional
1 tbsp. high-quality protein powder
1 tsp flaxseed oil

Apricot-Pineapple Strawberry

Fruit Smoothie

1/4 cup crushed pineapple
1 fresh apricot, diced
1/2 banana
6 strawberries
1 tbsp skim milk powder
Optional
1 tbsp high quality protein powder
1 tsp flaxseed oil

Source: www.healthrecipes.com



Visit Us Online @

<http://www.ba.ars.usda.gov/cnrg/research/fnsi>

The Food & Nutrition

Summer Institute

c/o Dr. Ellen Harris

USDA, ARS, BHNRC, CNRG

Bldg. 005, Rm. 117

Beltsville, MD 20705

Telephone: (301)-504-0610

Fax: (301)504-0698

Email: harrise@ba.ars.usda.gov